

## All Dogs Should Be Kept Muzzled

By Dr. S. G. BRABROOK, Chicago

Those who are widely known as reliable authorities, when summer comes there are people who feel constrained to advise what should be done to prevent dogs from becoming rabid. Generally they urge that plenty of water, either at the base of street fountains or in pans placed about the city, will leave no occasion for "mad-dog scares." They would pronounce a person idiotic who held that unless a man ate cheese every day he would have smallpox, but that would be no more absurd than their notion that lack of water causes rabies. Both are infectious diseases; lack of food or drink or whether the weather is hot or cold makes no difference in producing either malady.

If a dog is not bitten by one that is rabid he will not have rabies. There is no case on record where the disease developed spontaneously in beast or man. The presence of negri bodies in the brain cells and spinal marrow is the proof of rabies in examinations made by expert bacteriologists everywhere and these cannot be produced by imagination or by the conditions named. The virus of rabies must come in contact with a wound or an abraded surface, practically always by the bite of a dog. This gives reason for the imperative demand that dogs at large be muzzled in such a way that they cannot bite any person or animal. Public safety can be secured in that way and not otherwise. The disease was stamped out in Great Britain about ten years ago by that means, combined with rigid quarantine regulations—the latter still enforced.

In some cities a wire muzzle is required—one that extends over the nose and is large enough so the mouth can be opened inside of it. With such a muzzle the dog is comfortable, can bark and drink, but cannot pick up poisoned food or bite anyone. Owners who pay license taxes will care for their dogs and can be compelled to muzzle them under penalty of arrest and a fine. The rest are properly considered ownerless vagrants, which it is the duty of the poundmaster to catch and destroy.

Hydrophobia has prevailed so extensively and so long that it is now seldom that anyone disputes its existence. Occasionally the statement is made that "rabies is extremely rare," but in the face of so much indisputable proof to the contrary, such an assertion shows ignorance or disregard of facts. Due concern for public welfare requires that no unmuzzled dogs be at large in a city at any time.

## Noise Enhances Value of Night's Rest

By C. PARNELL STEWART, London

Both Bismarck and Pepsy found that noise enhanced the value of a night's rest. Bismarck confided in his old age to an interviewer that he could "never sleep in Berlin at night when it is quiet, but as soon as the noise begins, about four o'clock in the morning, I can sleep a little and get my rest for the day."

Pepsy records in his diary on September 23, 1861, that he slept at Welling "and still remember it that of all the nights that ever I slept in my life I never did pass a night with more ecstacy of sleep; there being now and then a noise of people that waked me, and then it was a very rainy night, and then I was a little weary, that what between waking and then sleeping again, one after another, I never had so much content in all my life."

The probability that we get snatches of sleep at odd moments when we suppose ourselves to have remained continuously awake is supported by the phenomena of dreams. Mark Twain accounted for his own "disappearing visitor" by the belief that he had unconsciously had a very short nap, and many have explained visions of ghosts as due to dreams during such short naps.

For nothing is better established in connection with dreams than that an apparently very long one can occur during an almost infinitesimal time. Alfred Maury had a long, vivid dream of the reign of terror, including the trial of himself and his execution, and was able to show that it had happened during the moment of awakening by the fall of a rod from the bed canopy upon his neck.

## Fur Farming as Profitable Industry

By H. S. BARROWS, Minneapolis, Minn.

There is no doubt that fur farming is full of both pleasure and profit. Under proper conditions, with intelligent care, no doubt, raising fur animals can be made to pay. The best animals to raise for the man with small capital are skunk, mink, marten and muskrat—silver and black foxes would take too much capital. Mink skins occasionally sell for \$10, depending upon the size and color. A man who has been in the fur farming industry for years, in response to the inquiry, "Will the business pay?" says: "Yes, it will pay the right man big dividends on the capital invested."

The man who tries his hand at fur farming must study the habits of the animals he wishes to raise and he must not be of a nervous trend and must have a great deal of patience.

Fur farming as an industry is only in its infancy; in fact, scarcely begun. The future looks bright to those who engage in the business. The business looks like a "gold mine" at present prices of fur and breeding stock. Even should prices be reduced by one-half or more, the business is likely to continue profitable.

The highest price ever paid for a silver fox skin was \$2,900. Some 1915 prices: Black fox, \$2,000; silver fox, \$1,000; otter, \$20; marten, \$20; lynx, \$17; bear, \$25-\$50. A man with forethought and sense can make the business pay.

## More Danger in Drugs Than in Liquor

By Dr. Edward E. Gidda, Paris, France

Cocaine and other drugs have done more to wreck strong constitutions and virile minds than liquor. There ought to be, I should say, the strictest federal regulation of the sale and importation of cocaine and drugs made from coca.

I had some experience with the Indians of Brazil a few years ago, where I discovered that the Indians of that country are largely addicted to the excessive use of coca. Nearly all these Indians chew the leaves. The effects are varied. Taken to excess, it is a terrible vice. Moderately used, it imparts endurance.

It deadens hunger to such an extent that Indians under its influence have been known to work three days without food or other nourishment. Their priests chew it during religious services, and it was burnt like incense. Its leaves were placed in the mouths of the dead to insure their favorable reception in the next world, and in the mines the workmen throw it on the veins of ore, believing it to soften the metal.

"Restriction of trade" as a legal definition of "restraint of trade," also a legal term, seems to convey a fairly good promise of another ten or twenty years' litigation to secure from the courts a clear definition of the definition.

Horses on a road in Pennsylvania did a tango every time they passed a certain spot. They had better reasons than men. The road was charged with electricity.

Operations for appendicitis are no longer the fashion. It is radium now.

Of 10,000 townships in France having more than 1,000 inhabitants, about 6,000 are without any public lighting. Of the remainder, there are 1,240 lighted by gas, 2,763 lighted by electricity and 172 by acetylene.

Where He Was Wrong. "Dobbs says that he is a man who takes his medicine without complaining. 'Oh, that's all right. I passed it along to a fellow I had a grudge against.'"—Boston Transcript.

British Columbia's Timber. With the exception of Siberia, Brazil and the northwestern United States, British Columbia's timber wealth is reported to be unparalleled in any other country.

## Co-Operative Farm Products Marketing

How It Is Done in Europe and May Be Done in America to the Profit of Both Farmer and Consumer

By MATTHEW S. DUDGEON.

### AN IRISH SCHOOL MASTER.



Quinn and His Pupils at His Social Center Schoolhouse.

Innsikeen, County Louth, Ireland.—In America we are trying in a more or less conscious effort to make the schoolhouse the educational and social center and the school master a community leader. In Ireland without any set purpose this result is already secured. At Innsikeen, in county Louth, for example, John Quinn, the school master, is the big man. By virtue of his natural qualities and by reason of his secretarial position in the co-operative association he is the farmers' banker, their business manager and adviser, their agricultural expert, and a temperance reformer. In fact he is the community leader. His schoolhouse is a social center for to it the people go for co-operative association meetings, for temperance lectures, and for public gatherings of all sorts.

We have been to County Donegal and have seen what the co-operative enterprises centered at Dunglow have done for a region which is naturally unproductive. The schoolmaster, Paddy Gallagher, a native business genius, co-operation has brought comfort, relative prosperity and hopefulness to a community which was previously a desolate combination of peat bog and rocky hillsides.

We have stopped here to see the results of co-operation when planted in a more fertile productive soil, for this portion of County Louth would compare favorably with the richest stretches of our own middle western states.

### The Average Irish Farmer.

Anxious to find the average small farmer who is a member of the co-operative society and willing to talk about its affairs, we were directed to Edward Meegan, who operated a farm out two Irish miles from the village. We walked out to Meegan's place, the consciousness was forced upon us that in this section Ireland is far from being "starving Ireland." The fields are carefully cultivated—cultivated as they seldom are in the states. The hedges and walls are well kept.

The heavy crops indicate a high degree of fertility. Each cottage gives evidence of prosperity and self-respecting pride. Upon the faces of those whom we met we see nothing to indicate that the local Irish are poverty stricken or despairing. We find Meegan on a 40-acre farm of which he is evidently and justly proud. The fertile fields, the stacks of rich grain, the high grade live stock, all demonstrate that it is possible to make money hereabout and that there is a promising future in the local agricultural situation.

Buying Farms for Less Than Rent. Meegan himself, a vigorous fellow, full of enthusiasm and hopefulness, explains that his father prior to his death had bought the land under the imperial land tenure act providing for an arbitrated value as between landlord and tenant. The value once fixed the government gave for the land, and then permits the tenant who becomes a purchaser to repay the purchase price in sixty odd years, each year keeping up the interest at two and three-fourths per cent, and paying in addition a small installment toward the principal. He tells how his father paid as rent alone, 18 pounds per year, while he himself in buying the farm is now paying, including both interest and annual installments on principal only 14 pounds per year. Quite naturally he has a keen appreciation of the land tenure laws which enabled him gradually to obtain the farm by the payment of less money each year than originally went for rent alone.

Prevented Improvements. This is not to him the important thing, however. His father had previously been a tenant. A new tenant on the barn, a new slate on the roof, or a new shed for the cow, could not be obtained in any way from the landlord. It must be contributed by the tenant, who knew that within thirty days thereafter he might be put off the place. The natural result was to prevent all repairs and all permanent improvements. In this entire region we have not been able to discover a single fruit tree that had been planted prior to the acquisition of the land by the tenant purchasers. In fact there are no mature fruit trees here. Where we have seen a new farm building or any permanent repairs on old buildings, inquiry invariably has revealed that it had been added since the farm went into the hands of a purchasing tenant.

In other words, Meegan and other tenants are prevented from making repairs or improvements that are working for themselves, adding value to their own property, where formerly any improvements made were for the benefit of the landlord for whom they had no particular liking.

### Farmer's Views on Co-Operation.

We asked him what he thought of the co-operative society and what use

he had made of it. "Before the co-operative society was organized," he said, "it was difficult to procure fertilizers. While the department of agriculture analyzed the soils and taught the farmers, by bulletin and otherwise, the elements which must enter into fertilizers it was absolutely impossible for the tenant to procure the dealers fertilizer containing these elements in proper proportion. Fertilizers were high too."

Now, as he explained, the co-operative society has the elements going into the fertilizers and themselves mix them in the proper proportions. The co-operative association not only guarantees the quality of the fertilizers furnished to their members, but sells them at a greatly reduced price. That they are better than the manures purchased of the regular traders is evidenced by the actual effects upon the crops.

### Co-Operative Credit.

It was evident that in Meegan's estimation the greatest benefit to the members of the local organization is from the credit society branch of it. The farmers in this vicinity had been well taught and were anxious to improve their stock to get better implements, to use commercial fertilizers properly compounded, to plant better seeds. Before the co-operative credit association was organized they were unable to do anything of this sort. Since the co-operative organization has been in operation, however, it is easy to see how the credit society has loan for any of these purposes and the farmers were in consequence steadily improving their property. In other words he seemed to think that the improvements in rural agricultural methods which we see everywhere would have been absolutely impossible without this little local credit society.

Meegan himself through loans secured of the co-operative credit society had been enabled to purchase blooded stock and had bought improved implements and tested seeds.

We found upon our return to the village that school was just closing and Quinn went with us to his home, which although modest, was as trim and comfortable as any village home which we have ever been privileged to visit in America. He talked freely of the affairs of the society, showed us the books and records and explained the methods and practices employed in the co-operative conduct of the business.

### A Simple Organization.

The co-operative society has no headquarters and consequently has no rent to pay. The home of the secretary is the office of the society. There the banking business as well as the other affairs of the society are conducted by him out of school hours. The little society has 500 members, each member having one share upon which he has advanced about sixty cents. The credit society, a branch of the co-operative association, has 161 members.

"The society meets," he said, "four times each year. At those times the members give us orders for these goods which we handle co-operatively, including seeds, manures, implements and other necessities. We give over the old accounts and arrange for their payment or extension. We consult about local farm problems, about seeds, manures and rotation of crops, exchange views on various matters of meeting various questions that arise. There is no co-operative store here and we never keep articles in stock. We order seeds, manures or implements and notify the farmer when they arrive. He takes care of them generally within twenty-four hours. We can do this because most of our members are near by. We get everything a little cheaper and of better quality than do the regular traders. In no other way can the improvement in quality be so marked as in seeds and manures.

How a Farmers' Bank Loans Money. "Our organization loans money to its members at 5 1/2 per cent. To depositors we give three per cent. on all deposits. We give three per cent. on a margin of 2 1/2 per cent. On the other hand the joint stock bank nearest here charges 6 1/2 per cent. interest, but pays only 2 1/2 per cent. interest on deposits. They require a margin of four per cent. on which to loan. Not only have the joint stock banks a wider margin on the loans, but the worst of it is you cannot get a loan from a joint stock bank for more than three months. They never loan for longer than that time, although sometimes, of course, they will grant renewals. The trouble is that these renewals are hard on the farmer. These banks are only in the larger places. Very often the farmer has to go some distance, take his savings with him, pay their expenses, give them a dinner, and I am afraid sometimes

treat them to liquid refreshments. If we have a man who wants money and he lives near by we simply ask him to bring in two good men as sureties, and if they are all right and the man is honest and a good worker and his neighbors speak well of him there is no difficulty and very little formality in getting the loan. In addition to our deposits we have arranged for an overdraft from the Bank of Ireland at Dundalk. They co-operate with us in a friendly manner and help us much.

"There has been a wonderful improvement in this community since the land tenure laws went into effect and the tenants are getting to be owners. It is a wonderful thing. People who were slovenly and whose premises were absolutely unfit to live in have now purchased their premises and are improving them and are living under much better conditions. They used to be afraid their rent would be raised if they fixed things up. The old age pension has helped many of the old people, for there are many pensioners in this little society."

How Little Costs. The books of the company show that the only expenses incurred are the compensation of the school teacher as secretary and manager, \$60 per year; rent of the office of \$8 per year; and in addition postage and stationery to the amount of two or three dollars. The total of these items is only about \$70, this being the only expense incurred for an entire year.

The demand for small rural credit associations in Ireland is very great. The joint stock banks are not so well scattered throughout the rural section in Ireland as they are in some parts of the United States. Often the expense of traveling to the bank and the paying of the expenses of the sureties, as Quinn explained, is considerable. It is said that these expenses in addition to interest, make a small farm loan cost 20 to 40 per cent. If a young farmer is buying young stock, pigs, for example, it is far beyond the period of three months before they will be ready for sale. If he buys fertilizers he can expect no results for six to ten months. Returns upon good seeds are equally slow in coming in and on the money placed in the new implements and equipment he gets returns still more slowly. For these men a three months' loan is of little use. The inelastic city system of loans, does not really help the borrower, but in a sense cripples him. It is only fair to state, however, that the large banks, although their methods are unsuited to the farmer, are on the whole honest and just in their charges and practices. The difficulty that their methods of business make it absolutely impossible for the farmer to deal with them profitably.

How Character Counts. But here in Innsikeen and wherever in Ireland a co-operative credit society has been formed, any farmer, be he tenant or landlord, with a good reputation for honesty and industry, can by furnishing two sureties from among his neighbors get any reasonable amount as a loan for one year. To do this involves almost no delay or trouble or expense. The bank is near by. Co-operative farmers are neighbors citizens, ready to help one another, so that sureties are easily secured. The interest is at a low rate.

The interest on a co-operative loan will not be unduly crowded as to repayment if misfortune should overtake him, for those with whom he deals understand fully his circumstances. In fact the committee which decides his fate is composed of farmers like himself who know what hard luck is, who have likely themselves been borrowers, who are friendly to him and will give him a chance. This is the form of credit loans most common in Ireland.

Such a co-operative credit bank could be organized to advantage in many American communities particularly in those states where there are no banks in the smaller cities and villages. They will inevitably be organized in such communities unless farmers cease trying to force down the throats of the farmers the inelastic, unsuitable city methods of doing business. The question is, are the bankers going to crowd the farmers into co-operative credit enterprises? The banks must grant longer terms on personal loans. They must arrange for mortgages which run over longer periods of time and which are to be repaid in moderate installments as the slow farm profits come in. Co-operative credit may not be necessary. It is up to the banker.

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Activities of Women. The Hebrew Technical school of New York graduates 500 girls yearly. In England poor mothers get 30 shillings at the birth of a child.

Mrs. Rose Mager is a state superintendent of public instruction in Wyoming.

In 1910 there were 215 widows to every 100 widowers in the United States.

Mrs. Mary Wolfe Dargis is to receive one of the most important general appointments in Denver, that of registrar of the land office.

Thirty college women of Philadelphia have begun to study to become instructors in the Little Mother League, which have been organized in that city.

Mrs. Assheton Harbord, the famous balloonist, recently accompanied Henri Salmet, the French aviator, on an aeroplane trip from London to Paris.

Eleven-year-old Allen Fell of Sharnon, Pa., has been declared the winner in the corn-growing contest in which several hundred boys participated.

Women Fencers and Archers. With four new courses introduced—fencing, archery, apparatus work and calisthenics—enthusiasm ran high in the physical education for women department of the University of Wisconsin this year. All these courses are elective, but all show a good enrollment. The class in fencing numbered about 50, while nearly 75 are taking advantage of the instruction in social dancing.

Of the physical education courses swimming, dancing, basketball and hockey are perhaps the most popular. About 500 students take swimming, while between 300 and 400 are enrolled in the classes in dancing.

"My! But that is most interesting," said the mother, whose eyes were popping out of her head at the mere mention of the famous persons the journalist knew. "I certainly shall buy your magazine and read it!"

"Grand Central Station!" mumbled the mother.

"Goodby," said the mother. "Your life is certainly worth while."

"Goodby," replied the journalist; "not nearly as much worth while as yours."

Who told the truth?

However, journalism seemed to fill most of the time, and motherhood was dismissed after a few desultory questions about "Billy," whose fame consisted in being seven years old and just entering school.

"Oh, tell me about your work," said the mother.

"There is quite a bit to tell of it," said the egotistical woman of business, and immediately launched upon the joys, woes, disadvantages and advantages of the business woman's career.

MATTER FOR SOME THOUGHT. Decidedly One of These Two Had Wrong Impression, but Where Is Expert That Can Decide?

Who told the truth? They met in the subway one morning, a young mother and a young professional woman. They had been friends at school, but some had passed, and now, after some ten years, they began to discuss their present jobs—of motherhood and journalism.

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Who told the truth?

## For Handy Boys and Girls to Make and Do

By A. NEELY HALL.

By DOROTHY PERKINS.

### SIMPLE SPINNING TOPS.

With the odds and ends to be found about the house a boy has material for making a great variety of interesting tops.

The top shown in Fig. 1 is a splendid spinner. It is made of a pencil, a cone-shaped piece cut from a spool, and an empty shoe-polish can. The dotted line in Fig. 2 indicates how the end of the pencil sticks through a hole in the shoe-polish can, then through the hole in the cone-shaped piece of spool. The pencil point should be blunt. Fig. 7 shows how the cone-shaped piece is cut from a thread spool. First saw the spool into halves, and then, with a sharp jack-knife, taper one half from the end down to a point at the center.

The hole through the polish can must be located in the exact center to make the top balance properly. To find the center place the box bottom down upon a piece of paper, and with a pencil mark a line around it. Cut the paper along the circle. That will give you a piece of the shape and size of the can bottom. Fold the piece in half, then in half again the other way (Fig. 4). Open it out, and the intersection of the two folds, indicated by dotted lines in Fig. 5, will be the exact center. With the center located, place the piece of paper upon

first the bottom then the top of the can, and punch a hole through the center of it and the can with the point of a large nail. Increase the size of the hole enough so it will admit the pencil point.

This top is spun in the manner shown in Fig. 1. Hold the pencil between your hands, with palms together, and slide your hands back and forth. This will twirl the pencil in one direction, then in the opposite.

Twirl the top in this way for a second or two. Then release it so as to cause it to drop square upon its point upon a level wood surface.

The top shown in Fig. 6 presents a curious appearance while spinning, the spiral design upon its disk seeming to change its form as it revolves. A pencil, a cone-shaped piece cut from a spool, and a cardboard disk are required for this top. Fig. 6 shows the pencil fitted into the piece of spool, and Fig. 7 shows how the cone-shaped piece is cut from a spool. The spiral design in Fig. 8 is of just the right size for the disk. Cut it out along its outer edge, mount it upon a piece of heavy cardboard, trim the cardboard even with its edge, and pierce a hole through the center for

the solder which holds the end in place has melted, when a few taps upon the edges, with a kitchen spoon will cause the cut end to drop off (Fig. 4).

The end of the can having the full opening must be covered with paper. A piece of the tough brown paper now so generally used for wrapping paper is good covering material. Dampen the paper, then stretch a piece of it over the end of the can, bring the edges down over the side of the can and bind them securely with half a dozen or so turns of thread (Fig. 5).

When the paper has dried it should be as tight as a drum head.

Heavy linen thread should be used for the telephone. The carefully pierced a hole through the exact center of the drum head of each telephone instrument, with a pin, slip an end of the thread through this hole and make a knot large enough so it will not pull out. Pull the knot close up against the inside of the drum.

A chair makes an excellent telephone booth, as you can see by Figs. 1 and 2. It can be enclosed on all sides and the top, if you wish to make it like a real telephone booth, by fastening a side stick to each side of the chair, binding its lower end to a front leg with string, then extending a sheet or other piece of cloth from these sticks to the chair back and across the chair back, and fastening a piece over the top. Another piece of cloth, fastened to the edge of the top covering to drop down over the back, will complete the telephone booth.

Fig. 1 shows how the telephone "wire" is fastened to the chair back with a short piece of string. Wherever you make a turn with the thread, the thread must be kept from touching any object by supporting it in a similar manner.

Two women stopped and looked at it admiringly and one of them—she may have been Mrs. Wood B. Highbrow—exclaimed: "Oh, there is some of that 'ex-vee' furniture I've read so much about!"—Kansas City Star.

No Doubt About That. "I wouldn't say she is pretty," said the Simple Mug, as the light-haired woman of doubtful age handed her money to the conductor, "but she is passing fare."

Heard About the "XV." Furniture. In the window of one of the large furniture stores last week was exhibited a magnificent Louis XV. bedroom

### A GIRL'S HOMEMADE TELEPHONE.

This is not the kind of telephone the boys make. No, indeed, that kind would be entirely too difficult for a girl to undertake, and it would be no better as a play telephone than the

simple one I have described and illustrated for you below. This telephone outfit will not carry a message a long distance—"tis true, but it will work splendidly from one room to another, or from your house to the house next door, and that is plenty far enough for play telephoning.

There must be two telephones, of course, one for your chum to use, and the other for yourself. The telephone instruments are very simple. Each is made out of a tin can, and you talk in to and listen from the same tin can.

A one-pound corn can, or a can of equal size, should be obtained for each instrument. A tomato can will do, but it is rather large and awkward to hold, and therefore will not serve the purpose as well. If you will examine the ends of a preserve can, you will discover that one end is smooth while the other end is not. The smooth end is the bottom, and the other end the top, has a hole cut in its center and a piece of tin soldered over that hole. This end of the can, with the center piece of tin removed forms a splendid mouthpiece for our telephone. The center piece of tin is easily removed. All you have to do is place the can, with this end down, in the flame of a gas-burner for an instant, to melt the solder, and the piece will drop out. Hold the can on the end of a large kitchen spoon, then you will not burn your fingers. The ragged edges of the "opened" end of the can should also be removed, and the easiest way to do this is by holding the can in the flame of a gas-burner until

it absorbs a large amount of oil, becomes tense in the center, and the consistency of tortoise-shell. Its value in the arts is likely to be very great, and especially in electrical work it is supposed that it will be more effective for certain purposes than rubber. It may be made thicker than the natural hide.

Mechanical Calculator. A Swedish inventor has designed an apparatus for counting money and sorting the pieces into specified quantities. In the first place, money of various denominations is put into the machine and separated according to value, these being sent into various tubes. When in the tubes the coins can be taken out in lots of ten, twenty, fifty to one hundred pieces, at the will of the operator. The apparatus is capable of separating, counting and dividing in the lots mentioned above 72,000 pieces in an hour. One machine under one operator is able to accomplish in one day as much counting as could be done by fifty most experienced bank cashiers.—Northern Weekly Gazette.

Best She Could Do. A little girl (daughter of a fashionable dressmaker) was walking out with her baby brother in a pram, when a lady friend met her, and, kissing and complimenting baby, asked the little maiden if she would let her have the baby to keep.

"Oh, no," replied the little girl, "we couldn't spare Frank, but mother would lend you a paper pattern of one like him."

The State of the Case. "Have you decided about your income returns?" "Haven't any. My income is all out of the most of you."

Make the most of yourself if you don't want some other fellow to make the most of you.

SCHOOL TEACHERS. Also Have Things to Learn.

"For many years I had used coffee and refined sugar, and was convinced of their effect upon the human system," writes a veteran school teacher.

"Ten years ago I was obliged to give up my much-loved work in the public schools after years of continuous labor, and I developed a well-defined case of chronic coffee poisoning."

"The troubles were constipation, fluttering of the heart, a thumping in the top of my head, and various parts of my body, twitching of my limbs, shaking of my head and, at times after exertion, a general 'gone' feeling, with a topsy's desire for very strong coffee. I was a nervous wreck for years."

"A short time ago friends came to visit us and they brought a package of Postum with them and urged me to try it. I was prejudiced because some years back I had drunk a cup of weak, tasteless stuff called Postum which I did not like at all."

"This time, however, my friends made the Postum according to directions on the package, and it won me. Soon I found myself improving in a most decided fashion."

"The odor of boiling coffee no longer torments me. I am so greatly benefited by Postum that if I continue to improve I am now, I'll begin to think I have found the Fountain of Perpetual Youth. This is no fancy letter but stubborn facts which I am glad to make known."

Name given by Postum Co., Battle Creek, Mich. Write for a copy of "The Road to Wellville."

Postum now comes in two forms: Regular Postum—must be well boiled.

Instant Postum is a soluble powder. A teaspoon dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. Grocers sell both kinds. "There's a Reason" for Postum.

Tact is sometimes merely the art of seeming to be interested in other people's troubles.

Dean's Mentholated Cough Drops work wonders in overcoming serious coughs and throat irritations—5¢ at Druggists.

Some society girls blossom into wall flowers, and some are nipped in the bud.

Constipation causes and seriously aggravates many diseases. It is thoroughly cured by Dr. Henry's Pellets. Tiny sugar-coated granules. Adv.

Railroad Play. Patience—What is the motif of the play? Patience—Why, a locomotive.